



St Michael's C of E Primary School Personal, Social, Health and Economic education (PSHE) Long Term Plan 2021/22						Relationships
						Living in the wider world
						Health and wellbeing
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Our starting point is for the adults in Reception to build strong, warm and trusting relationships with each child. We work in partnership with our families to support the children in their first year at school. The children learn: how to understand their own feelings and those of others; how to build good friendships and cooperate with each other; how to become more independent, taking responsibility for their personal care and the choices they make; how to be healthy; how people in the wider community help them.					
Year 1	What is the Same and Different About Us? Ourselves and others; similarities and differences; individuality; our bodies	Who is special to us? Ourselves and others; people who care for us; groups we belong to; families	What helps us stay healthy? Being healthy; hygiene; medicines; people who help us with health	What can we do with money? Money; making choices; needs and wants	Who helps to keep us safe? Keeping safe; people who help us	How can we help to look after each other and the world? Ourselves and others; the world around us; caring for others; growing and changing
Year 2	What makes a good friend? Friendship; feeling lonely; managing arguments	What is bullying? Behaviour; bullying; words and actions; respect for others	What jobs do people do? People and jobs; money; role of the internet	What helps us to stay safe? Keeping safe; recognising risk; rules	What can help us grow and stay healthy? Being healthy: eating, drinking, playing and sleeping	How do we recognise our feelings? Feelings; mood; times of change; loss and bereavement; growing up
Year 3	How Can We Be a Good Friend? Friendship; making positive friendships, managing loneliness, dealing with arguments	What Keeps Us Safe? Keeping safe; at home and school; our bodies; hygiene; medicines and household products	What Are Families Like? Families; family life; caring for each other	What Makes a Community? Community; belonging to groups; similarities and differences; respect for others	Why Should We Eat Well and Look After Our Teeth? Being healthy: eating well, dental care	Why Should We Keep Active and Sleep Well? Being healthy: keeping active, taking rest
Year 4	What strengths, skills and interests do we have? Self-esteem: self-worth; personal qualities; goal setting; managing set backs	How do we treat each other with respect? Respect for self and others; courteous behaviour; safety; human rights	How can we manage our feelings? Feelings and emotions; expression of feelings; behaviour	How Will We Grow and Change? Growing and changing; puberty	How Can Our Choices Make a Difference to Others and the Environment? Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions	How can we manage risk in different places? Keeping safe; out and about; recognising and managing risk
Year 5	What makes up our identity? Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes	What decisions can people make with money? Money; making decisions; spending and saving	How can we help in an accident or an emergency? Basic first aid, accidents, dealing with emergencies	How can Friends Communicate Safely? Friendships; relationships; becoming independent; online safety	How can drugs common to everyday life affect health? Drugs, alcohol and tobacco; healthy habits	What jobs would we like? Careers; aspirations; role models; the future
Year 6	How can we keep healthy as we grow? Looking after ourselves; growing up; becoming independent; taking more responsibility		How can the media influence people? Media literacy and digital resilience; influences and decision-making; online safety		What will change as we become more independent? How do friendships change as we grow? Different relationships, changing and growing, adulthood, independence, moving to secondary school	